

JUICES

100% juice, unsweetened
Added Pulp
Calcium Fortified
Single Flavor

Only buy brands and flavors listed below

FROZEN JUICES

Tropicana



Orange

Welch's



Grape
(Purple & White)



Apple, Cranberry, Grapefruit,
Grape (Purple & White), Orange

CANNED OR PLASTIC JUICES



Tomato Juice
V8 Vegetable Juice



Tomato Juice
Vegetable Juice

CHEESE

**American, Cheddar, Colby,
Monterey Jack, Mozzarella (part skim)**

Any size up to 16 oz.
8 oz. + 8 oz. = 16 oz. = 1 pound

Reduced fat in approved cheeses
Random weight that is pre-packaged,
pre-labeled and pre-priced
Block or Round Only

Only boxed cheese allowed -
Kraft Deluxe American



PEANUT BUTTER

Creamy or Crunchy

Any size up to 18 oz.
No organic, natural or peanut spreads



DRIED BEANS/PEAS

Beans: Black, Garbanzo (chick-pea), Great
Northern, Kidney, Lima, Mixed, Mung, Navy,
Pinto, Red, Soy

Peas: Black Eyed, Cow, Crowder, Lentils,
Split or Whole Peas.

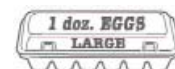
Only buy types of Beans/Pea listed above
Canned Beans/Peas allowed if printed on WIC check

No green beans/peas or wax beans



WHITE EGGS

Fresh, Whole
Graded Large or Medium



INFANT FOODS

Infant Formula

Enfamil Lipil
Enfamil Prosobee Lipil



Infant Cereal

Gerber and Nature's Goodness:
Any plain/dry 8 or 16 oz. box
Barley, Mixed Grain, Oatmeal, Rice



Infant Juice

Gerber and Nature's Goodness:
100% Fruit Juice,
4.0 oz, glass or plastic



**Get Only the BRAND, TYPE
and SIZE printed on the
WIC Check
NO SUBSTITUTIONS**

Food Shopping Guide

Effective February 1, 2008



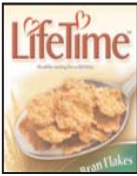
South Dakota
Department of Health
WIC Program
Acceptable Foods

SOUTH DAKOTA WIC ALLOWED FOODS

COLD CEREAL

Boxes and/or polybags are allowed in the cereals pictured below

Malt-O-Meal



LifeTime



Crispy Rice



Mini-Spooners
(All Flavors)



Honey & Oat
Blenders



Scooters
(plain)

General Mills



Corn Flakes

HOT CEREALS



Malt-O-Meal

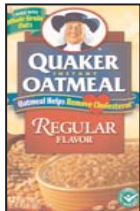


Malt-O-Meal- Chocolate



Maypo

Individual Packets Only For Oatmeal & Grits

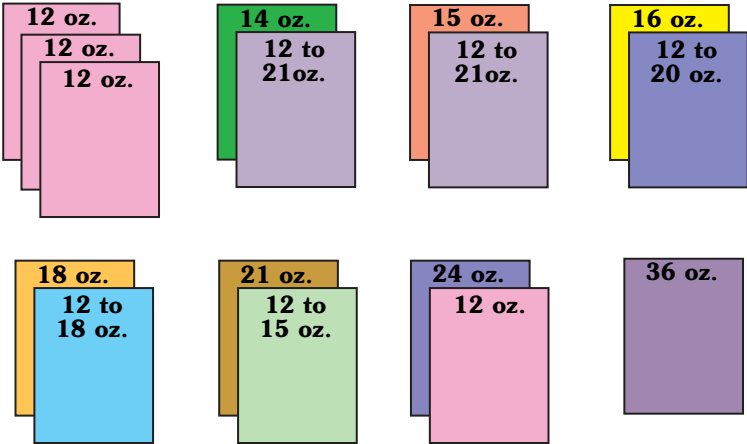


Quaker Oatmeal - plain



Quaker Grits - plain

WAYS TO BUY UP TO 36 OZ. OF CEREAL



+ Coupons may be used
+ Buy 1, Get 1 Free Allowed
+ Bonus ounces above 36 oz. are allowed

EXCLUSIVELY BREASTFEEDING WOMEN



Tuna
6 oz. or 6-1/2 oz. cans of tuna
Packed in water or oil
No White or Albacore



Carrots
Up to 16 oz. or 1 pound

Mature Carrots (raw, canned, frozen)
No prepared carrots or carrots with tops

Baby Carrots (raw or frozen)
No canned baby carrots or individual servings



MILK

White Cow's Milk - Gallon & 1/2 Gallon Sizes

Skim/Fat Free
Reduced-fat (2%)

Low-fat (1%)
Whole Vit D

Specialty Milks - Quarts & 1/2 Gallon Sizes

Acidophilus
Buttermilk (fluid only)
Evaporated (skim, low-fat, whole)
Goat - Meyenberg only - (fluid, powdered, can)
Lactose-free
Nonfat dry



Specialty Milk only if specified on WIC check